

# FATIMA JARID



**Name:** Fatima

**Areas served:** Calgary

**Languages spoken:** English and Urdu

**Can support in:** Various Mental Health challenges (trauma, loneliness, grief and loss), general support, resource connection, coping strategies, and advocacy.

**Availability:** Monday – Friday. Meetings will be arranged according to the availability and convenience of both the doula and the client.

**Contact info:** fatima.jarid@ucalgary.ca | 204-296-3111

**Limits/Restrictions:** As I do not drive, I favor meeting spots that are conveniently reachable via public transit.

## **General description:**

I'm a third-year psychology student at the University of Calgary. I have extensive background in volunteering for various organizations. I love meeting new people and getting to know them. Building connections and understanding the unique stories and perspectives of individuals is something that truly excites me. As an individual who understands mental health challenges, I provide non-judgemental and empowering support to individuals navigating mental health challenges and also prioritize building authentic and trusting relationships with clients while working collaboratively towards their mental health goal.

## **What inspired you to become an RMHD?**

I believe that there is a need for more inclusive, community-based, and empowering approaches to mental health support, which lead me to pursue my role as a Radical Mental Health to advocate for change and provide alternative forms of care and support.

## **What values impact you as an RMHD?**

As a RMHD, I am guided by the value of empowering individuals to take control of their mental health journey, supporting them in making informed decisions and advocating for their needs within the mental health system. I respect and uphold the autonomy and self-determination of those I support, honoring their unique experiences, perspectives, and choices in their mental health journey.

## **If you could change one thing about the mental health system, what would it be?**

Prioritizing accessibility and affordability of mental health services would be something that would change about the mental health system. Everyone should have equal access to quality care regardless of their financial situation. It is also crucial to create a more holistic and inclusive approach to mental health care that addresses the diverse needs of individuals and promotes overall well-being.

## **What are some other interesting things about you?**

I have a passion for photography and love capturing candid moments. I enjoy reading a lot and love to connect with fellow book lovers. Oh, and I love cats :)